



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Opera By 3

Wednesday May 28 at 7:00pm

Silver-Ebony-Ivory Trio presents a delightful program of original pieces and transcriptions of favorite arias and ensembles from famous operas composed by George Bizet, W.A. Mozart, Richard Wagner, Giuseppe Verdi, and others.

♪ *Carol Hunt Epple*, flute, is principal flute of the Kammerwerke Double Wind Quintet, and performs regularly at First Parish in Bedford, and at other churches and venues.

♪ *Elizabeth Connors*, clarinet, is a music teacher by training. A graduate of the University of Lowell and The New England Conservatory of Music, she has performed with large ensembles as well as in chamber music venues throughout New England.

♪ *Bradford Conner*, piano, has been Music Director at First Parish (Bedford) since 2005. He performs regularly with Carol Epple and Elizabeth Connors in a repertoire from classical to contemporary. Conner also collaborates with baritone Benjamin Sears in the United States and Europe.

**LIGHT REFRESHMENTS WILL BE SERVED.
PLEASE RSVP BY CALLING (781) 275-6825**

This program is supported in part by a grant from the Bedford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Living with Food Sensitivities

Do you live with headaches, eczema, acne, upset stomach or intestinal difficulties? This could be the result of food allergies. Join Laura Coulter on **Monday May 19 at 7:00 PM** to learn the answers to the following questions: What are food sensitivities vs. allergies? What are some possible symptoms? How do you know if you are sensitive? You will also learn about some new medical research, strategies for ordering out (favorite restaurants), easy cooking (how to substitute) and recipes.

Please register in advance by calling (781) 275-6825.

Laura Coulter is a teacher and mind body practitioner who has lived with food allergies her whole life. The birth of her children educated her as to symptom free living, baking and skin care that were allergen free.

How to Remember Not to Forget Tuesday May 21 at 5:30 PM

You are invited to join Joan Houlihan, Executive Director of Atria Woodbriar Assisted Living in Falmouth, for a “cheery, fun, interactive event”! Noted author of the book “How to Remember Not to Forget”, Joan brings her years of experience in health-care management and adult education to this wonderful collection of insightful observations, humorous situations, and sensible solutions to everyday concerns about your memory. Not only will you learn the latest on day-to-day memory, but Joan will also give you “homework” to keep you sharp!

A light meal will be sponsored by
Atria Longmeadow Place of Burlington.

RSVP is required as space is limited!

Please call the COA at (781) 275-6825.

Do you enjoy spending time with enthusiastic, curious, bright-eyed children?

Bridges: Growing Older, Growing Together is an intergenerational program that fosters friendships and understanding between older adults and children in our elementary schools. Spend an hour per week for six weeks sharing your experiences and learning about these children as you work together with them in the classroom, under the guidance of a staff member. Together, you will complete simple, fun projects that promote shared perspectives and interesting discussions.

Classes will begin mid-July at the Kids' Club. If you are interested in participating or would like more information, please contact Lori Wittner at (781) 275-6825 or email coa@bedfordma.gov.



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Don't Forget Our Ongoing Activities...

HAVE SOME FUN!

Bingo! Monday May 12 at 10AM for a chance to win token gifts. All are welcome!

Game Time! Mondays at 10AM. Bring your friends for a game of Dominos, Scrabble, Chess, Cribbage, Pool and more!

Sing with the Songbirds! Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

Texas Hold 'Em Poker! Join the game every Monday at 1:00!

Handcraft Group Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

Play Mah Jongg! Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

Play Duplicate Bridge! Every Tuesday and Thursdays May 8 and 22 at 11 AM.

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

FITNESS AND FUN FOR YOU!

Line Dancing with Katrina Fridays at 1 PM. The class costs \$2 (paid to instructor)

Discover Tap Dance! Tuesdays at 11AM. Each 10-week session is only \$55. Don't forget your shoes!

GET INFORMATION AND ADVICE!

Talk to Your State Representative Call the COA to find out when Ken Gordon will be here to talk with you about state issues.

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00.

SHARE YOUR INTERESTS!

Genealogy Group share information about exploring family trees on Wednesday May 14 at 10:00 am.

Nom de Plume Writers Group Do an exercise, share your work, and get feedback! New members are welcome. Meets the 1st and 3rd Tuesdays of every month at 1 PM.

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Trips! Trips! Trips!

Our Trips Coordinator, Lenore Dichard, will escort you on the following adventures:

Explore Boston - Wednesday May 21 (\$65)

Explore the City of Boston like never before with critically acclaimed actor, teacher and historian Stephen Collins. Experience a fully narrated 100 minute tour by a professionally licensed guide that includes the historical, literary, and architectural treasures of "Beantown". A few of the sites encompassed in the tour include the USS Constitution, the Public Garden, Beacon Hill, the State House, Longfellow Bridge, Trinity Church, Cambridge, and Copley Square. Enjoy an authentic Italian lunch at Salvatore's on the Waterfront. The bus will depart at 10:00 am and will return at about 3:00 pm.

Menopause the Musical - Tuesday June 24 (\$55)

This hilarious musical parody staged to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles. See what millions of women worldwide have been laughing about for over 10 years! Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined...The bus will depart promptly at 1:00 PM and will return at about 5:30 PM. Due to reservation requirements, we will need payment in full by May 31.

Newport Flower Show - Saturday June 28 (\$75)

This year's Newport Flower Show is themed "Journey: Grand Vistas". It features breathtaking floral displays in the glorious oceanfront setting of Rosecliff Mansion! Rosecliff provides an ideal canvas for this annual spectacular! Bring your appetite for a lunch buffet at the popular Atlantic Beach Club. The bus will depart at 8 am and will return at about 4:30 pm. Sign up begins May 1.

Mohegan Sun & Lobster Boil - Thursday July 24 (\$75)

Escape to Mohegan Sun Casino, the magical place of 150,000 square feet of non-stop excitement! Try your luck at your choice of nearly 3,000 state-of-the-art slot machines or one of 170 table games! Not a gambler? Explore the many shops or visit the Day Spa! Then we are off to George's of Galilee for a traditional lobster boil! Enjoy RI clam chowder and clam cakes, garden salad and your choice of steamed 1.25 lb lobster or 12oz char-grilled rib eye! Both served with potato, corn, beverage and watermelon for dessert! This trip includes 5 hours at the Casino, \$15 food voucher, \$15 free bet, and the lobster boil. Your deluxe motorcoach will depart at 7:15 AM and will return at about 7:00 PM. Sign up begins May 1. Full payment and meal choice due upon reservation.

All day trips will depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

❀ JUST FOR FUN ❀

Newbury Court Luncheon

Please be our guests on **Tuesday, May 6th at Noon** and enjoy a gourmet lunch catered by Newbury Court Retirement Community of Concord. Jane Taylor, Bedford resident and New Resident Liaison at Newbury Court, will be there to greet you and serve lunch. Lunch is complimentary. Space is limited so please reserve your spot in advance by calling the COA (781) 275-6825.

Bedford-Lexington Great Books

Meets in the Flint Room at 7:30 PM on **Tuesday May 20** to discuss **Vladimir Nabokov, *The Real Life of Sebastian Knight***. Newcomers are always welcome!

Cinco de Mayo Fiesta

Señores and señoritas! Grab your sombreros and come celebrate Cinco de Mayo on **Monday May 5 at 5:30 PM**. A festive dinner will be sponsored by BrightView Concord River. All are welcome! Please call (781) 275-6825 to reserve your spot!



Library Book Discussion

TUESDAY JUNE 3 AT 1:00 PM

Richard Callaghan, Director of the Bedford Free Public Library will lead a discussion at the COA on **Pilgrim's Wilderness: a true story of faith and madness on the Alaska Frontier** by Tom Kizzia. In *Pilgrim's Wilderness*, veteran Alaska journalist Tom Kizzia unfolds the remarkable, at times harrowing, story of a charismatic spinner of American myths who was not what he seemed, the townspeople caught in his thrall, and the family he brought to the brink of ruin. As Kizzia discovered, Papa Pilgrim was in fact the son of a rich Texas family with ties to Hoover's FBI and strange, oblique connections to the Kennedy assassination and the movie stars of Easy Rider. And as his fight with the government in Alaska grew more intense, the turmoil in his brood made it increasingly difficult to tell whether his children were messianic followers or hostages in desperate need of rescue. In this powerful piece of Americana, written with uncommon grace and high drama, Kizzia uses his unparalleled access to capture an era-defining clash between environmentalists and pioneers ignited by a mesmerizing sociopath who held a town and a family captive.

Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM

May 3 *The Book Thief* (2013) PG-13 Young Liesel steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her cold foster parents. When not reading, she forms a bond with the Jewish man her adoptive family is hiding in their home.

May 10 *August: Osage County* (2013) R A When their father disappears, three strong-willed women return to their childhood home and to their equally strong-willed mother. As they search for their patriarch, the dysfunctional family members wind up facing difficult truths about themselves.

May 17 *Philomena* (2013) PG-13 Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago.

May 24 *Saving Mr. Banks* (2013) PG-13 When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, only to find that she proves a tough nut to crack.

May 31 *The Secret Life of Walter Mitty* (2013) PG In this remake of the 1947 classic comedy, shy photo manager Walter Mitty is constantly daydreaming to escape his humdrum life and domineering mother, but when he gets embroiled in a real-life adventure, he discovers that being a hero is tough work.



Minuteman
SENIOR SERVICES

Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.


MONDAY

TUESDAY

WEDNESDAY

May



9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts 5:30 Fiesta Dinner	5 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:00 Luncheon 12:30 Osteofitness 1:00 Writing Group/ Hands	6 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again 9:00 Exercise/Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:15 Fiber 12:30 Chair Exercise 2:00 SHINE
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Games/ BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	12 9:00 Fix It Shop 9:30 Exercise/ Hearing 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 FBCOA/Hands	13 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again 9:00 Exercise/Fix It Shop 10:00 Underground RR Quilts/ Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Housing Options
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts 7:00 Food Sensitivities	19 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group/ Hands	20 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again Great Books Explore Boston 9:00 Exercise/Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 5:30 Dinner & Speaker (see pg. 1)
Closed Memorial Day 	26 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Hands	27 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again 9:00 Exercise/Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 7:00 Silver-Ebony-Ivory
28	28	28



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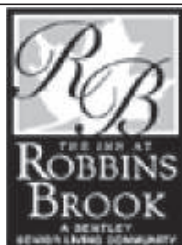
THURSDAY

FRIDAY

SATURDAY

9:30 Floor Yoga 1 10:00 Exercise 11:15 Fairy Homes and Gardens 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 2 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing	Italian Class Cancelled Today 3 1:00 Bridge, cards, pool 1:15 Movie: <i>The Book Thief</i>
9:30 Floor Yoga/Downsizing 8 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/Tai Chi 2:00 Windows 8 (or XP?)/Computer Drop-In	9:00 Exercise 9 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing/ Nurse's Hours	Italian Class Cancelled Today 10 1:00 Bridge, cards, pool 1:15 Movie: <i>August: Osage County</i>
9:30 Floor Yoga 15 10:00 Exercise/ Hearing 11:00 Hypertension 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 16 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	12:30 Beginner's Italian 17 1:00 Bridge, cards, pool 1:15 Movie: <i>Philomena</i>
9:30 Floor Yoga 22 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi/ Trail Walk 2:00 Computer Drop-In	9:00 Exercise 23 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	12:30 Beginner's Italian 24 1:00 Bridge, cards, pool 1:15 Movie: <i>Saving Mr. Banks</i>
9:30 Floor Yoga 29 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 30 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	12:30 Beginner's Italian 31 1:00 Bridge, cards, pool 1:15 Movie: <i>The Secret Life of Walter Mitty</i>

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May is Older Americans Month!

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2014, *Safe Today, Healthy Tomorrow*, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. What can you do to be safe today, healthy tomorrow?

Friends of the Bedford Council on Aging Notes

**Next Meeting: Tuesday May 13
1:00 pm in the Flint Room**

DON'T MISS THIS GREAT LECTURE!

Fairy Homes and Gardens Thursday May 1, 11:15 AM

Everyone loves fairies. They spark our imagination. Ethereal wings...flights of fancy...shimmering iridescent creatures... Where do they live? What do they do? What do they eat? We've searched worldwide and found artists who have made wonderful homes and gardens for the fairies and other wee people. Some are just doorways into fairy abodes; some are castles; and others are garden homes. These artists have helped answer some of our questions and provided fantastic homes and delightful gardens for fairies to live or just to visit for a while. Our *Fairy Homes & Gardens* book, will be out in late 2014. You can get a headstart now in this wonderful and charming 45-minute slide-illustrated lecture. *This program is supported in part by a grant from the Bedford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

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